

WOMENFEST

Julie Reisler, MA, ACC, CPT



I love to **empower women** like you to create a **life you love**.

While I have my Master's degree in Health & Wellness Coaching, I could have received it in people pleasing & emotional overeating. After receiving powerful coaching, I now coach others to get unstuck & design a powerful life.





Purpose

Gut Check

Presence

Mind | Body | Spirit













- What did you LOVE to do as a child? (where you lost track of time, could go on for hours)
- Are you still doing any of these things now?
- o If so, what does that look like?
- If not, why? Where can you add more passion to your life?







Purpose

"If your life is cloudy and you're far far off course, you may have to go on faith for a while, but eventually you'll learn that every time you trust your internal navigation system, you end up closer to your right life."

~ Martha Beck

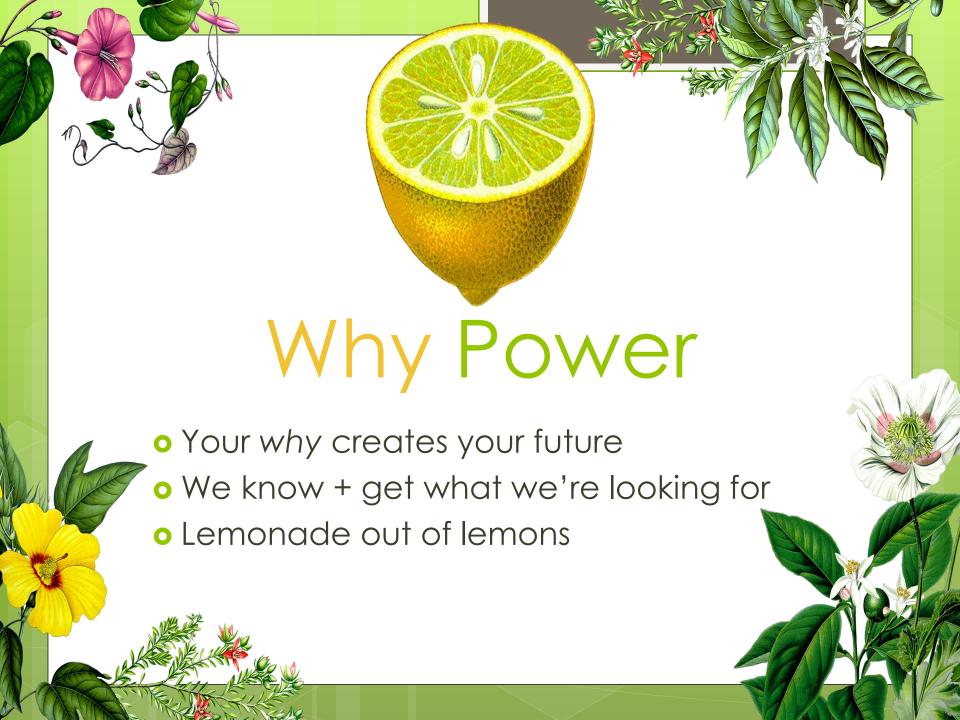


Uncovering your Purpose

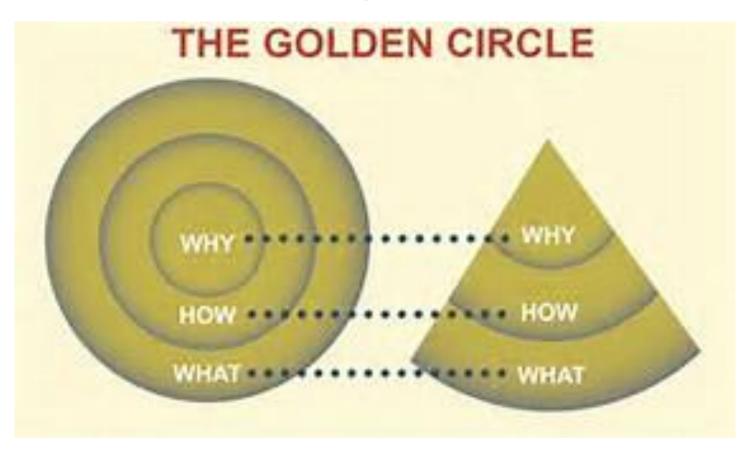
- +What lights you up?
- +What gives you that warm feeling in your belly after you do it?
- +What kinds of activities and work gives you pure joy?

You're getting warm. Sometimes our purpose can be a big calling and for others there are a few things that have you feel you are fulfilling your purpose.

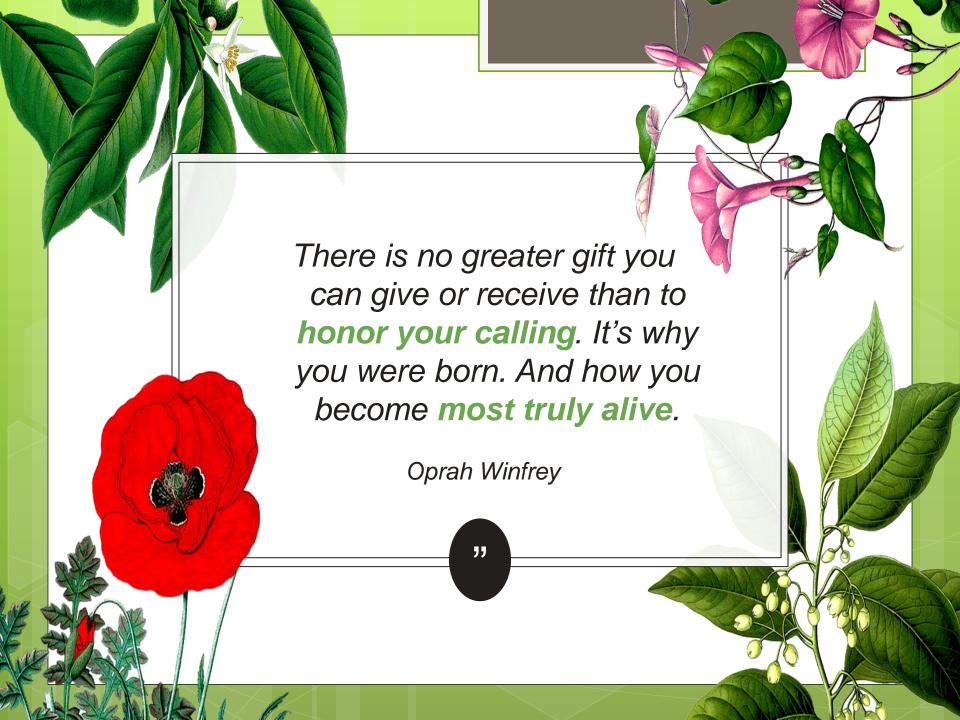




Understanding Your WHY



Golden Circle, Simon Sinek, 'Start with Why'





- By living your purpose, you show others that it's possible
- Success is felt most when we live a purpose driven life



Cultivating Presence: Why Mindfulness Works

- Block out distractions, be present, and re-load
- Trains our brain to focus

 Focus means less errors, more productivity, more personal happiness

personal happiness









Presence: The Breath

The WOW factor!

- De-stress naturally with your breath (helps slow down your stress response)
- Improves your immune system
- Positively affects your blood chemistry
- It's free and always with you!

Breathing exercise

- Hand on your heart + belly
- Inhale for 2 / Exhale for 2

Presence: The ROI of Gratitude

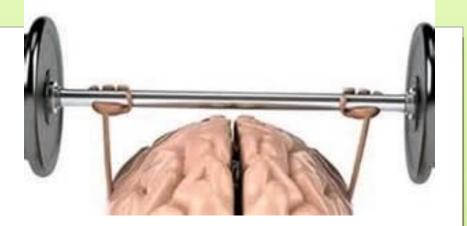
- One of the most beneficial tools we have access to daily.
- Doesn't cost \$\$
- Takes a short amount of time
- 7 scientific benefits











Rewiring Our Brain for Presence Neuroplasticity

 Change brain patterns and neuropathways through thoughts

 Reframe how we look at our world and find more happiness in our lives

o "Neurons that fire together wire together."

• Change takes practice! Be patient.

Presence Toolbox

+ INCREASE ATTENTION:

Breathing, Guided relaxation, Silence, Movement, Eating

+ INTENTION SETTING:

Write your own intention. Read it daily.

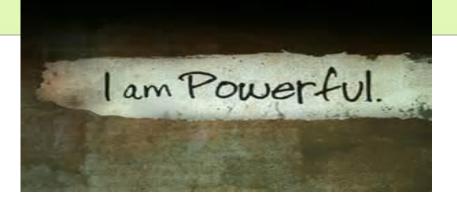
+ LIGHTS, CAMERA, ACTION:

- Let go of habits that don't serve. New habits take 60+ days.
- Express Gratitude
- Wellbeing: movement, nutrition, sleep









Expectations in the mix

- Expectation manifests our thoughts to creation
- Thoughts are a powerful tool
- "What you think about comes about"
- Expect greatness!
- Speak in the positive use "I am" vs. I want (for ex, I am at my ideal weight by 9/16)
- Abandon limited beliefs



What is 1 new habit around passion, purpose or presence you are committed to, to build your best self?







Any Q's?

Find me at:



References + Resources

Books

- •Mindsight, Daniel Siegel, M.D.
- Mindset, Carol Dweck, PhD

Magazines

- Mindful magazine, Dec 2014
- Harvard Business Review, Jan 1 2008, 'Bring Your Whole Self to Work'

Web Resources

- ohttp://www.mettainstitute.org/about.html
- oTED Talk/ Mike Robbins 'Whole Self to Work'
- oTED Talk/ Shawn Achor 'Happiness Advantage'
- •Forbes Magazine, 7 Scientific Benefits of Gratitude, November 23, 2014

About the Speaker



Julie Reisler

- CEO, Empowered Living, LLC | Coaching | Training |
 Speaking
- Career in Workplace Well-being, Coaching, Speaking, and Mind-Body Empowerment Programs
- Master's Degree in Coaching, and Nutrition Concentration
- Adjunct Faculty, Health Coaching Program, Georgetown University & Maryland University of Integrative Health
- Certified Coach with the International Coaching Federation
- Certified Personal Trainer & Fitness Instructor

www.JulieReisler.com